

Peckham Group Exercise Timetable

Day	Time From and To	Class	Instructor	Location	Level
Monday	07:45-08:45	Flow Yoga	Hamilton	Studio 1	All
Monday	10:00-11:00	Legs, Bums and Abs	Chantelle	Studio 1	All
Monday	10:00-11:00	Aqua Aerobics	Angela	Main Pool	All
Monday	11:00-12:00	Senior Aerobics	Antoinette	Studio 1	50+
Monday	12:15-13:15	Pilates	Angela	Studio 1	All
Monday	18:00-19:00	Abs Attack	Chris	Studio 1	All
Monday	19:00-20:00	Circuit Training	Chris	Studio 1	All
Monday	20:00-21:00	Bollywood Boxcercise	Miskha	Studio 1	All
Tuesday	07:45-08:45	Pilates	Karen	Studio 1	Int/Adv
Tuesday	10:00-11:00	Step & Sculpt	Angela	Studio 1	All
Tuesday	11:00-12:00	Pilates	Karen	Studio 1	All
Tuesday	12:00-12.45	Aqua Rerral	Jaqueline	Hydro Pool	GP referral
Tuesday	12:00-13.00	Aerolatino	Yanina	Studio 1	All
Tuesday	13:00-14:00	50+ Aqua Aerobics	Annette	Hydro Pool	50+
Tuesday	18:00-19:00	Body Pump	Lucille	Studio 1	All
Tuesday	18:45-20:00	Hatha Yoga	Maurizio	Studio 2	All
Tuesday	19:00-20:00	Pilates	Danal	Studio 1	All
Tuesday	19:00-20:00	Aqua Aerobics	Claire	Main Pool	All
Tuesday	20:00-21:00	Legs, Bums and Abs	Justina	Studio 1	All
Wednesday	07:45-08:45	Hatha Yoga	Maurizio	Studio 1	All
Wednesday	09:30-10:30	Swiss Ball	Jacqueline	Studio 1	All
Wednesday	11:00-12:00	Body Balance	Hamilton	Studio 1	All
Wednesday	11:00-12:00	Aqua Aerobics	Karen	Main Pool	All
Wednesday	12:00-13:30	Hatha Yoga	Lindi	Studio 1	All
Wednesday	18:00-19:00	Cardio Express	Miskha	Studio 1	All
Wednesday	19:00-20:00	Soca Aerobics	Justina	Studio 1	All
Wednesday	20:00-21:00	Legs, Bums and Abs	Justina	Studio 1	All
Thursday	07:45-08:45	Pilates	Angela	Studio 1	All
Thursday	09:00-10:00	Pilates	Bobbie	Studio 1	GP Referral
Thursday	10:00-11:00	Legs, Bums and Abs	Chantelle	Studio 1	All
Thursday	11:00-12:00	Gentle Aerobics	Antoinette	Studio 1	50+
Thursday	11:00-12:00	50+ Aqua Aerobics	Annette	Hydro Pool	50+
Thursday	12:00-13:00	Body Pump	Yanina	Studio 1	All
Thursday	14:00-16:00	Silver Gym Session		Gym	60+
Thursday	18:00-19:00	Legs, Bums and Abs	Marsha	Studio 1	All
Thursday	19:00-20:00	Swiss Ball	Lauren/Claire	Studio 1	All
Thursday	19:00-20:00	Aqua Aerobics	Hamilton	Main Pool	All
Thursday	20:00-21:00	Boxercise	Marsha	Studio 1	All
Friday	07:30-08:30	Body Balance	Hamilton	Studio 1	All
Friday	10:00-11:00	Body Pump	Karen	Studio 1	All
Friday	11:00-12:00	Total Stretch	Karen	Studio 1	All
Friday	12:00-13:00	Pilates	Cherron	Studio 1	All
Friday	17:30-19:00	Hatha Yoga	Lindi	Studio 1	All
Friday	19:00-20:00	Boxercise	James	Studio 1	All
Saturday	08:00-09:30	Kundalini Yoga	Leo	Studio 1	All
Saturday	10:30-11:30	Abs Attack	Chris	Studio 1	All
Saturday	11:30-12:30	Circuit Training	Chris	Studio 1	All
Saturday	12:30-13:30	Studio Strength	James	Studio 1	All
Saturday	15:00-16:00	Aerolatino	Yanina	Studio 1	All
Sunday	11:30-12:30	Body Pump	Karen	Studio 1	All
Sunday	12:30-13:30	Body Pump	Miskha	Studio 1	All
Sunday	14:00-15:30	Kundalini Yoga	Leo	Studio 1	All
Spinning Timetable					
Monday	07:15-07:45	Spin Latino (Express)	Yanina	Studio 2	All
Monday	10:00-10:45	Spin	James	Studio 2	All
Monday	12:00-12.30	Spin (Express)	Karen	Studio 2	All
Monday	18:15-19:00	Spin	Andy	Studio 2	All
Monday	19:15-20:00	Spin	Andy	Studio 2	All
Tuesday	07:15-07:45	Breakfast Club Spin (Express)	James	Studio 2	All
Tuesday	11:00-11:45	Circuits	Jacqueline	Studio 2	GP Referral
Tuesday	12:00-12:45	Spin	Theo	Studio 2	All
Tuesday	18:00-18:45	Spin	Justina	Studio 2	All
Wednesday	07:15-07:45	Breakfast Club Spin (Express)	Karen	Studio 2	All
Wednesday	10:15-11:00	Spin	James	Studio 2	All
Wednesday	18:15-19:00	Spin	James	Studio 2	All
Wednesday	19:15-20:00	Spin	James	Studio 2	All
Thursday	07:15-07:45	Breakfast Club Spin (Express)	James	Studio 2	All
Thursday	10:15-11:00	Spin	Theo	Studio 2	All
Thursday	12:15-13:00	Spin	Theo	Studio 2	All
Thursday	17:45-18:30	Spin	Theo	Studio 2	All
Thursday	18:45-19:30	Spin	Andy	Studio 2	All
Thursday	19:45-20:30	Spin	Andy	Studio 2	All
Friday	10:15-11:00	Spin	Theo	Studio 2	All
Friday	13:00-13:45	Spin	James	Studio 2	All
Saturday	09:30-10:15	Spin	James	Studio 2	All
Saturday	10:30-11:15	Spin	James	Studio 2	All
Sunday	10:30-11:15	Spin	Karen	Studio 2	All